

1

What's Your Favorite Sport?

ما رياضتك المفضلة؟



Football is my favorite sport because it is exciting and easy to play. People can play football anywhere, in the street, at school, or in a big stadium. The game teaches teamwork, cooperation, and respect between players. Each team works together to score goals and win the match. Football also helps players stay healthy and strong because it needs running and movement. Many people enjoy

movement. Many people enjoy watching football matches with family and friends. Famous football players inspire young people to practice and follow their dreams. Football connects people from different countries and cultures. I want to compete in this game. Really, it brings happiness, friendship, and unity to everyone around the world.

Key Words



sport



teamwork



goals



healthy



inspire



unity

2

The Role of Sports in Our Life

دور الرياضة في حياتنا



Sports play an important role in our life. They help us stay healthy and strong. When we do sports, our bodies become active and our muscles grow stronger. Sports also keep our minds fresh and reduce stress. Many people enjoy playing football, basketball, or swimming in their free time. Sports teach us useful values such as teamwork, cooperation, and patience. They help us learn how to win and lose politely. In addition, sports bring Children and adults can both

enjoy sports at any age. By practicing sports regularly, we can improve our health, feel happier, and live a better and more balanced life.

Key Words



healthy



active



teamwork



patience



friendship

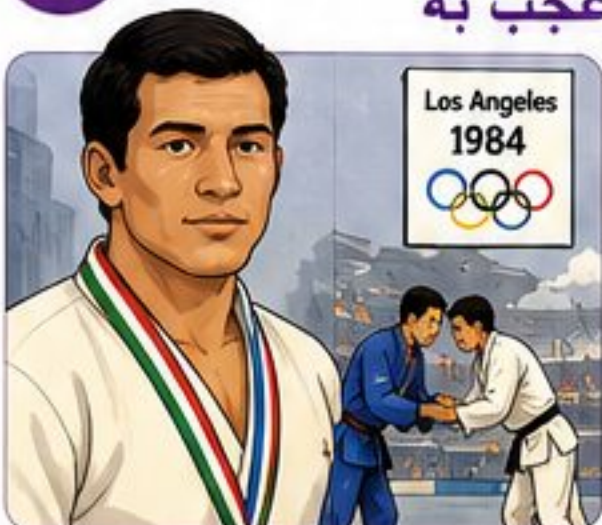


balanced

3

An Athlete I Admire

رياضي أعجب به



Mohamed Rashwan is an athlete I truly admire because of his honesty and great sportsmanship. He was one of Egypt's most respected judo champions and became famous during the 1984 Olympic Games in Los Angeles. He reached the final match against a strong Japanese player who was injured at that time. Although Rashwan had a chance to win the gold medal by attacking his rival's weak point, he refused to do so. He

believed that fair play was more important than winning. Rashwan lost the match and won the silver medal, but he gained great respect from people all over the world. His story teaches us that true champions value honor, respect, and honesty more than medals.

Key Words



honesty



sportsmanship



champion



fair play



respect



honor

4

An Important Football Match I Watched

مباراة كرة قدم هامة شاهدها



Last month, I watched an exciting football match between two strong teams at our local stadium. The game was important because both teams needed a win to qualify for the final round of the tournament. The stadium was full of cheering fans and the atmosphere was electric. In the first half, both teams played well, but no goals were scored. After the break, one team

scored a brilliant goal from a free kick, and the crowd went wild. The other team tried hard to equalize, but the defenders were very strong. In the end, the match finished 1-0 and I felt happy to watch this exciting game.

Key Words



stadium



tournament



crowd



goal



defenders



exciting

5

The Advantages and Disadvantages of City Life

مزايا وعيوب حياة المدينة



City life has many advantages and disadvantages. One of the main advantages is that cities offer many job opportunities, good schools, and modern hospitals. People can also enjoy entertainment such as cinemas, malls, and parks. Public transportation is usually available, which makes moving around easier. However, city life has some disadvantages. Cities are often crowded and noisy, which can cause stress and discomfort. Pollution is another serious problem that affects people's health. In addition, the cost is

high, especially housing and transportation. Some people also feel lonely despite living among many others. In conclusion, city life provides comfort and opportunities, but it also brings challenges that people must learn to deal with.

Key Words



opportunities



transportation



crowded



pollution



cost



challenges

6

Why People Like to Attend the Olympic Games

لماذا يحب الناس حضور الألعاب الأولمبية؟



People would like to attend the Olympic Games because it is the biggest sports event in the world. Athletes from many countries come together to compete and show their skills. Watching the games would inspire people to work hard and never give up. People enjoy seeing different sports like running, swimming, and gymnastics in one place. The Olympic Games also

teach important values such as teamwork, fair play, and respect. They want to feel the excitement of the crowd and support their favorite players. Attending the Olympics would be an unforgettable experience that brings people together in peace and friendship.

Key Words



athletes



compete



inspire



teamwork



fair play



unforgettable



1

How to Lead a Healthy Life

كيف تحيا حياة صحية



To lead a healthy life, we should take care of our bodies and minds. First, we need to eat healthy food like vegetables, fruits, milk, and fish. We should avoid too much sugar and fast food. Second, doing exercise every day is very important. Walking, running, or playing sports helps our bodies stay strong. We also need to drink enough water and sleep for at least eight hours every night. In addition, we must keep clean and wash our hands before eating. Finally, we should think positively and avoid stress. A healthy life makes us happy, active, and ready to achieve our goals.



Key Words



healthy



exercise



water



sleep



clean



active

2

An Adventure Story I Have Read

قصة مغامرات قرأتها



I have read an exciting adventure story called Twenty Thousand Leagues Under the Sea by Jules Verne. It is about a strange sea monster that attacks ships. Professor Aronnax, his servant Conseil, and a brave sailor named Ned Land go to search for it. They discover that the monster is really a submarine called the Nautilus. The submarine is led by the mysterious Captain Nemo. They travel under the sea and see amazing sea creatures, coral forests, and even a lost city. They also face many dangers in the deep ocean. I like this story because it is full of adventure, science, and imagination.

Key Words



adventure



submarine



ocean



danger



science



imagination

3

The Best Quality a Person Should Have

أفضل صفة يجب أن يتحلى بها الشخص



In my opinion, the best quality a person should have is honesty. An honest person always tells the truth and does not cheat or lie. People trust honest individuals and respect them. Honesty helps build strong friendships and good relationships with others. When someone is honest, he feels proud of himself and has a clear conscience. Even if telling the truth is difficult, it is always better than lying. Honest people are successful in life because others depend on them. In schools and workplaces, honesty creates a safe and fair environment. That is why honesty is the most important quality in life.



Key Words



honesty



truth



trust



respect



friendship



success

4

Traditions in Egypt

التقاليد في مصر



Traditions in Egypt are very important for families and communities. They help people feel proud of their history and culture. One famous tradition is celebrating religious festivals, when families wear new clothes and visit relatives. People share food, give gifts, and enjoy happy time together. Another old tradition is respecting the elderly. Young people greet older people politely and help them when needed. Egyptians also enjoy traditional food on special days, like koshari and kahk. These traditions teach love, respect, and cooperation. Egyptians keep their traditions to strengthen family bonds and bring people together across the country.

Key Words



traditions



culture



festivals



relatives



respect



cooperation

5

A Custom in Your Family or Country

عادة في عائلتك أو بلدك



Every country has its own cultures, traditions, and customs. A common custom in Egypt is celebrating festivals with family. During Eid, family members meet at home and wear new clothes. Parents prepare a lot of food, and everyone eats together. Children are happy because they receive gifts or money. Guests are welcomed warmly with tea and sweets. This custom is important because it brings families together and makes people feel close. It also teaches children to respect others and share happiness. These customs help keep family values strong and make festivals special for everyone.



Key Words



custom



family



festivals



gifts



values



happiness

6

Your Favorite Hobby

هوايتك المفضلة



Reading broadens the mind. It provides us with a lot of information. My favorite hobby is reading. It is very important. I read in my free time. I sometimes read in the school library. Sometimes, I read at home. I like to read books about science and English. I often buy new books every month. I buy them from a bookshop near our house. I like reading newspapers, too. I often read the news on the internet. To conclude, reading is very useful because it provides us with a lot of information. I advise you to read in your free time.

Key Words



reading



information



books



library



newspapers



hobby

1

A Famous Person You Admire

شخص مشهور يعجبك



One famous person I admire is Mohamed Salah. He is a great Egyptian football player. Salah worked very hard from a young age to become successful. He was born in a small village in Egypt, but he had big dreams. He trained every day and never gave up, even when he faced difficulties. Now, he plays for a famous club in England and is one of the best players in the world. Mohamed Salah is humble and kind. He also helps many poor families in Egypt. I admire him because he shows that hard work, patience, and strong faith can lead to success.

MOHAMED SALAH

- ✓ Hard work
- ✓ Patience
- ✓ Humility
- ✓ Kindness

Key Words



famous



hard work



success



kind



help



admire

3

How to Be a Good Citizen in Society

كيف تكون مواطن صالح في المجتمع



To be a good citizen, we must respect the laws and follow the rules of our country. We should treat others with kindness and honesty. Helping people in need is also important. A good citizen keeps the environment clean and protects public property. We should not throw rubbish in the streets. Working hard and doing our jobs well helps society grow. We must also respect different opinions and live peacefully with others. Taking part in community activities is another good way to serve our country. When everyone acts responsibly, society becomes safer and better for all people.



Key Words



laws



respect



help



clean



work



peacefully



community

5

A Special Day You Spent with Your Friends / An Adventure You Liked

يوم مميز قضيته مع أصدقائك / مغامرة أعجبتك



Last summer, I spent a special day with my friends on an exciting adventure. We decided to go camping near a forest, and I felt very happy and excited. We walked together, told jokes, and helped each other along the way. During the day, we faced some dangers, such as getting lost for a short time and sudden rain. We stayed calm and worked as a team to find our way back. We cooked food, shared stories, and laughed a lot. This adventure taught me an important lesson: friendship, teamwork, and courage can help us overcome any difficulty.



Key Words



adventure



friends



camping



challenges



teamwork



courage



fun

2

How We Can Provide a Healthy, Comfortable and Happy Life for Our Children

كيف نوفر حياة صحية ومريحة وسعيدة لأبنائنا



We can provide a healthy, comfortable, and happy life for our children in many ways. First, we should give them healthy food and make sure they exercise regularly. Good health helps them grow strong. Second, we must give them love and care. Children need to feel safe and supported. Third, education is very important. Sending them to good schools helps them build a bright future. We should also listen to their problems and guide them wisely. Spending time together as a family makes them feel happy. When children have love, health, and education, they can live a better life.

Key Words



healthy



exercise



love



education



listen



family



happy

4

How Technology Has Improved the Lives of People

كيف حسنت التكنولوجيا حياة الناس



Technology has improved the lives of people in many ways. Today, we can communicate easily with others through mobile phones and the internet. Students can learn online and find information quickly. Technology also helps doctors treat patients better with modern machines. In transportation, cars and airplanes make travel faster and easier. Many people work from home using computers. Shopping online saves time and effort. Technology also provides entertainment such as movies and games. Although we must use it wisely, technology makes life more comfortable and convenient. It helps people connect, learn, and achieve their goals more easily.

Key Words



technology



communicate



learn



transportation



online



entertainment



achieve

6

Your Favorite Hobby

هوايتك المفضلة



Reading broadens the mind. It provides us with a lot of information. My favorite hobby is reading. It is very important. I read in my free time. I sometimes read in the school library. Sometimes, I read at home. I like to read books about science and English. I often buy new books every month. I buy them from a bookshop near our house. I like reading newspapers, too. I often read the news on the internet. To conclude, reading is very useful because it provides us with a lot of information. I advise you to read in your free time.



Key Words



reading



information



books



library



newspapers



internet



hobby



Wildlife Experts

خبراء الحياة البرية



Wildlife experts are people who study animals and protect them in nature. They work in forests, deserts, oceans, and national parks. Their job is to learn about wild animals and understand how they live and survive. Wildlife experts help protect endangered animals from danger, such as hunting and pollution. They also teach people how to care for the environment and respect nature. Sometimes, they rescue injured animals and return them safely to the wild. Their work is very important because animals are part of the balance of life on Earth. I respect wildlife experts because they are brave, patient, and dedicated to protecting our planet and its beautiful creatures.



Key Words



wildlife



study



protect



endangered



rescue



dedicated

2

Arctic Animals

حيوانات القطب الشمالي



Animals in the Arctic have special adaptations to survive extreme cold and ice. They have thick fur or blubber that keeps their bodies warm and saves energy. Polar bears have white fur for camouflage and large paws to walk on snow and swim. Seals use thick fat to stay warm and rest on ice near the sea. Many Arctic animals change their migration and feeding habits when ice melts earlier. Some move to colder areas where ice lasts longer and food is available. Others change their behavior to find food in new ways. These adaptations help animals survive climate change and harsh Arctic conditions. This shows how flexible animals can be today.



Key Words



adaptations



blubber



ice



migration



survive



climate change

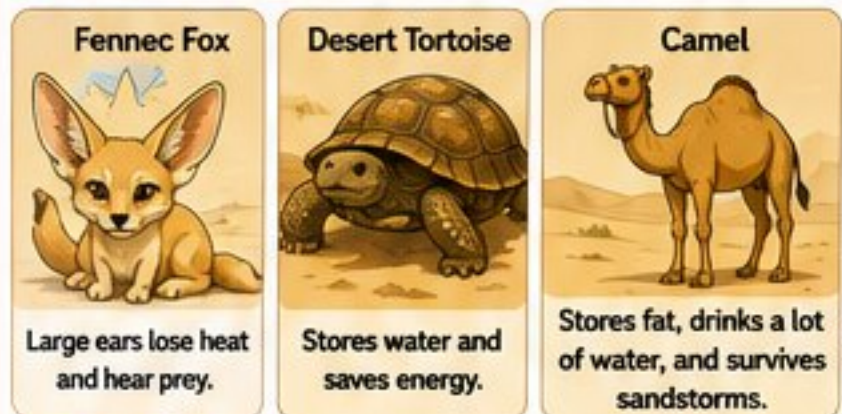
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Desert Animals

حيوانات الصحراء



Animals adapt in amazing ways to survive in difficult environments. In deserts, extreme heat, cold nights, and lack of water force animals to change their bodies and behavior. The fennec fox uses its large ears to lose heat and hear prey underground, while thick fur protects its feet from hot sand. Desert tortoises save water by storing it in their bodies and slowing their energy use when food is scarce. Camels can drink a lot of water, store fat in their humps, and use wide feet and long eyelashes to survive sandstorms. These adaptations help animals live where others cannot, and show how nature finds clever solutions to environmental challenges.



Fennec Fox

Desert Tortoise

Camel

Large ears lose heat and hear prey.

Stores water and saves energy.

Stores fat, drinks a lot of water, and survives sandstorms.

Key Words



adapt



desert



survive



water



sandstorm



solution

4

How We Can Protect Our Nature

كيف تحمي طبيعتنا



We can protect our nature in many simple ways. First, we should keep our environment clean and never throw rubbish in the streets, rivers, or seas. We must reduce the use of plastic because it harms animals and pollutes the land and water. Planting trees is also very important because trees give us oxygen and make the air clean. We should save water and electricity and not waste them. Recycling paper, glass, and plastic helps reduce pollution. It is also important to protect wild animals and not destroy their homes. When everyone works together to care for nature, we can live in a cleaner, safer, and more beautiful world.



Key Words



protect



pollution



recycle



oxygen



wild animals



environment

5

Write an Email to a Friend About "An Animal You Like". حيوان تحبه



To ahmed@gmail.com

المرسل إليه



From mohamed@yahoo.com

الراسل



Subject An animal you like

الموضوع



Hi Ahmed,

How are you and how is your family? I want to tell you about an animal I like. My favorite animal is the snow leopard. It is a large cat with thick gray fur covered in dark spots, which helps it blend in with the rocks. It has powerful legs and a long tail that helps it balance while climbing. Snow leopards live in the cold mountain regions of Central Asia at very high heights. Their wide paws work like snowshoes and help them walk on snow easily. Thick fur keeps them warm in freezing weather. They hunt wild sheep, goats, and small animals. Sadly, snow leopards are endangered, and only a few thousand remain in the wild today.

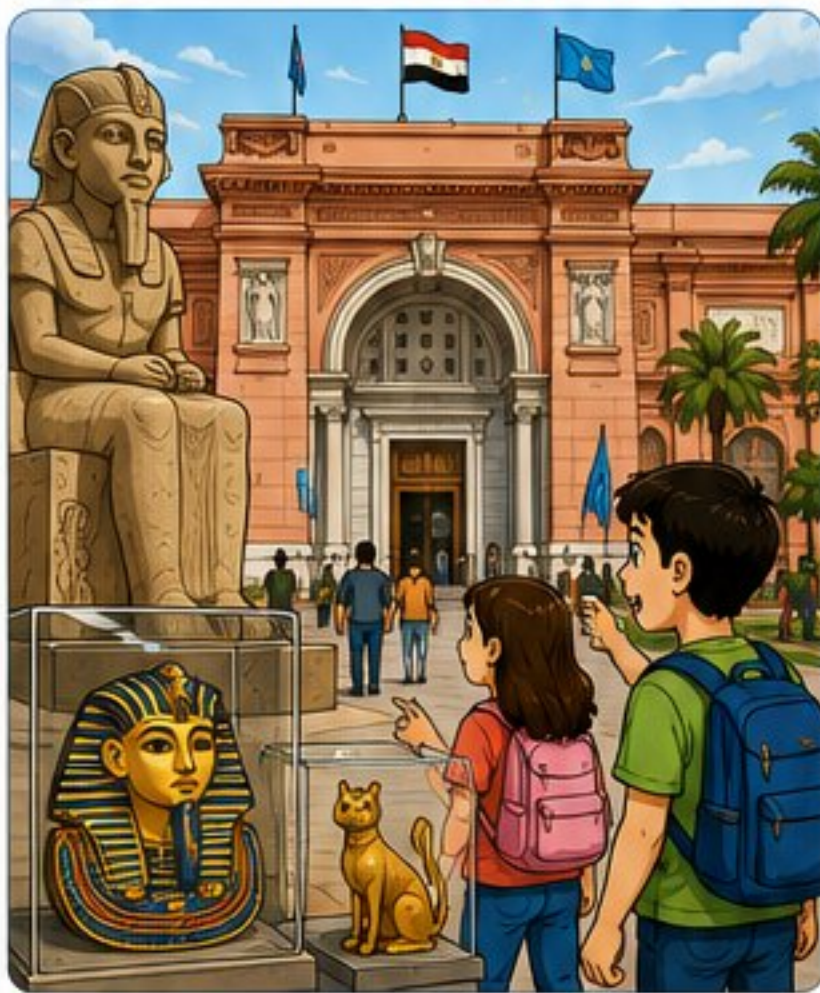
Yours,
Mohamed



1

The Egyptian Museum

المتحف المصري



The Egyptian Museum is one of the most famous museums in the world. It is located in Cairo and contains thousands of ancient Egyptian treasures. Visitors can see statues, mummies, jewelry, and tools used by the ancient Egyptians. One of the most famous collections is the treasures of King Tutankhamun. The museum helps people learn about the great history of Egypt and its amazing civilization. Tourists from many countries visit it every year. The Egyptian Museum is very important because it protects our ancient heritage. It reminds us of the greatness of our ancestors and makes us proud of our country.

Key Words



2

The Important Role of Egypt in the World

دور مصر الهام في العالم



Egypt has an important role in the world because of its history and location. It connects Africa and Asia and has the Suez Canal, which is very important for world trade. Egypt also works to keep peace in the Middle East and Africa. It is a founding member of many international organizations. Egypt shares its culture, education, and knowledge with other countries. Many students from different nations come to study in Egypt. The country also helps in solving regional problems and supports cooperation between nations. Because of its strong history and strategic position, Egypt continues to play an important role in the world.

Key Words



3

How We Can Improve Our Country

كيف نطور بلدنا



We can improve our country by working hard and being responsible citizens. First, we should respect the law and follow the rules. Education is very important for progress, so we must study well and develop our skills. Keeping our streets clean and protecting public property are also important. We should help others and work together to solve problems. Supporting local products helps the economy grow. It is also important to use technology in a good way to develop our country. When everyone does their duty honestly and sincerely, our country will become stronger, more successful, and better for future generations.

Key Words



4

The Importance of Reading Our History

أهمية قراءة تاريخنا



Reading our history is very important because it helps us understand our past. When we learn about our ancestors, we know how they lived and what they achieved. History teaches us valuable lessons about success and mistakes. It helps us feel proud of our country and its great leaders. By studying history, we can understand our culture and traditions better. It also helps us build a better future by learning from the past. When young people read history, they become more aware and responsible. Our history is a treasure that guides us and teaches us how to improve our present and future.

Key Words



5

Write an Email to a Friend About "A Visit to the Zoo".

زيارة لحديقة الحيوان



To ahmed@gmail.com

المرسل إليه

From mohamed@yahoo.com

الراسل

Subject A visit to the zoo

الموضوع



Key Words



Hi Ahmed,

How are you and how is your family? I want to tell you about a visit to the zoo. Last weekend, I visited the zoo with my family. It was a sunny day, and we were excited to see many animals.

First, we went to the lion's area and watched the lions sleep under the sun. Then, we saw tall giraffes eating leaves from the trees. I loved the playful monkeys swinging on the branches. We also saw colorful parrots and a huge elephant.

We enjoyed feeding the goats. We learned about different animals and their habitats. We took many photos and bought a small souvenir. It was a fun and memorable day.

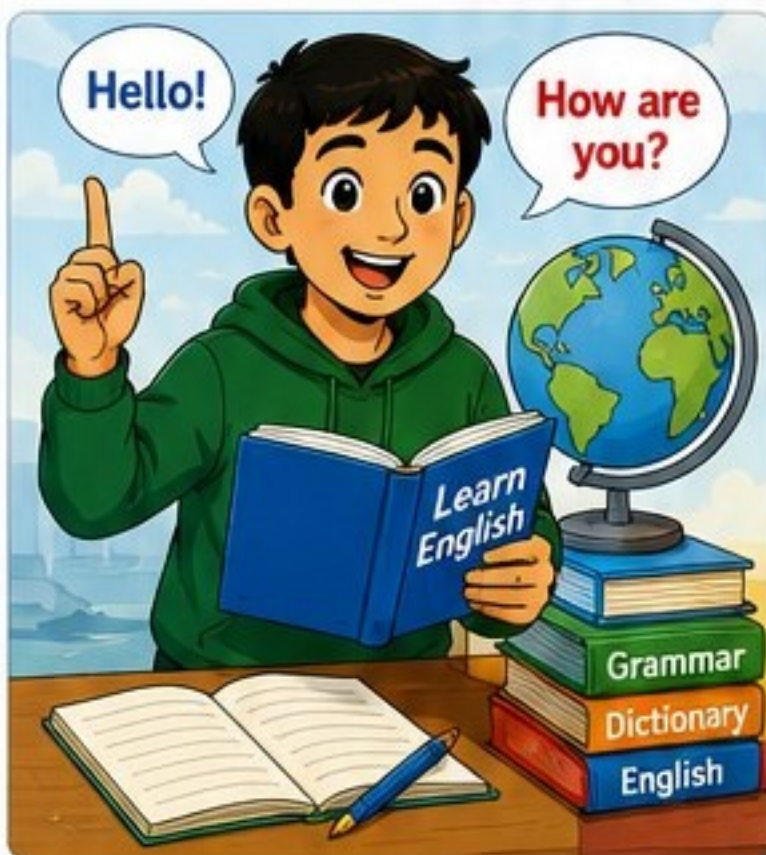
TTYL! = (Talk To You Later)

Mohamed



1 The Importance of Learning English

أهمية تعلم اللغة الإنجليزية



Learning English is very important in our lives today. It is an international language that people use all over the world. When you learn English, you can communicate with people from different countries. It also helps you in your studies because many books and websites are in English. Learning English can give you better job opportunities in the future. You can travel easily and understand signs, menus, and directions. In addition, English helps you enjoy movies, songs, and games. It is not difficult if you practice every day. In my opinion, learning English is a key to success in the modern world.

Key Words



2 A Trip to Aswan

رحلة إلى أسوان



Last year, I went on a trip to Aswan with my family. It was a wonderful place in the south of Egypt. We visited many famous places like the High Dam and Philae Temple. The weather was warm and sunny, which made the trip enjoyable. We also took a boat on the Nile and saw beautiful views. The people in Aswan were very kind and friendly. I liked the Nubian houses with their bright colors. We took many photos and bought souvenirs. The trip was full of fun and learning. I will never forget this amazing journey to Aswan.



Key Words



3 A Flight to London / A Journey to a Nice Country

رحلة إلى لندن / رحلة لبلد جميلة



Once, I had a flight to London that was an exciting experience. It was my first time on a plane, so I felt a little nervous at the beginning. The plane was big and comfortable. The flight attendants were kind and helpful. I watched movies and looked out of the window at the clouds. After a few hours, we arrived in London. The city was amazing, with famous places like Big Ben and the River Thames. The weather was cool and nice. I enjoyed the trip very much and learned many new things. It was a journey I will always remember.



Key Words



4 The Importance of Teamwork

أهمية العمل الجماعي



Teamwork is very important in our lives. When people work together, they can achieve great success. Each person in a team has different skills and ideas. By sharing these skills, the team becomes stronger. Teamwork teaches us cooperation, respect, and responsibility. For example, in sports, players must pass the ball and help each other to win the game. In school projects, students work together to finish tasks quickly and correctly. Teamwork also builds friendship and trust between people. When we work as a team, we solve problems easily. That is why teamwork is the key to success in many areas of life.



Key Words



5 Leadership القيادة



Communicate Clearly



Listen to Others



Show Empathy



Be Flexible



Admit Mistakes and Improve



Set Goals



Plan Steps



Motivate the Team



Support and Cooperation



One Strong Team

Leadership means guiding others to work together and reach shared goals. A good leader communicates clearly and listens to different opinions. This helps team members feel respected and understood. An effective leader shows empathy, understands others' feelings, and solves problems calmly. Leaders also need a clear vision. They set goals, plan steps, and motivate the team to move forward. Good leaders are flexible and open to new ideas, especially when plans need to change. They admit mistakes and try to improve themselves, which builds trust. Leadership is not about control, but about support, cooperation, and helping everyone succeed together as one strong team.

Key Words

